

HEAT TIPS:

1. *Water & Food:*

- Water is the best fluid to drink and it is important to consume water even when you are not thirsty.
- Continue to drink fluids even after strenuous activity. This will enable the body to maintain optimum hydration and help prevent the after effects of heat exposure such as headaches and fatigue.
- **AVOID** drinking liquids with large amounts of sugar, alcohol or caffeine products as they may dehydrate you further.
- **AVOID** very cold beverages as they cause stomach cramps.
- **Do not** take salt tablets unless directed by your doctor. Heavy sweating removes salt and minerals from the body. These are necessary for your body and must be replaced.
- Some medications, both prescription and over-the-counter, may increase the risk of heat-related illness. Consult your physician if you have questions.

2. *Pets:*

Remember that your pets also need proper shade, water and a cool place to rest!

- NEVER leave your pet in a parked car. An animal's body temperature can rise in just seconds, causing heat-related problems or even death. Normal body temperature for dogs and cats is between 101 and 103 degrees F.
- Always provide adequate shade for an animal that is staying outside of the house for any length of time.
- Walk your pet on cooler surfaces to protect his or her feet from burning. If the pavement is too hot for you to hold your hand on for more than a few seconds, it's much too hot for your pet's paws.
- When traveling with your pet, carry a gallon container filled with fresh, cold water. Give him or her frequent drinks; and if they begin to pant, give them water immediately.

3. Cars:

Remember to NEVER leave children, pets or those needing special care in parked cars when the temperature is high!

- 75 percent of the temperature rise occurs within five minutes of closing and leaving the car.
- 90 percent of the temperature rise occurs within 15 minutes.
- Dark colored cars reach slightly higher temperatures than light colored cars.
- The greater the amount of glass in the car (hatchbacks, etc.) the faster the rise in temperature.
- Larger cars heat up just as fast as smaller cars.
- Having the windows down even one inch causes only a slight temperature drop.

4. Clothing:

- When outside, make sure you and your children have your heads protected with a hat or umbrella
- At home, wear as little clothing as possible
- Wear lightweight, light-colored and loose-fitting clothing
- Wear sunglasses to protect your eyes
- Take special care of infants and young children in high heat. Dress them in loose, cool clothing and shade their heads and faces with hats or an umbrella. Remember to protect their feet as well with shoes.

5. When Outside:

If you absolutely must work outside, take these precautions:

- When outside, make sure you and your children have your heads protected with a hat or umbrella
- At home, wear as little clothing as possible
- Wear lightweight, light-colored and loose-fitting clothing
- Wear sunglasses to protect your eyes
- Take special care of infants and young children in high heat. Dress them in loose, cool clothing and shade their heads and faces with hats or an umbrella. Remember to protect their feet as well with shoes.

6. *When Inside:*

- Electric fans may provide comfort, but when the temperatures hit the high 90s, **they will NOT prevent heat-related illness!**
- Stay in air conditioned space; if your home isn't then go to a shopping mall or public library nearby. Even a few hours spent in air conditioning can help your body stay cooler when you go back out into the heat.
- Take frequent cool baths or showers, *but do NOT take a shower immediately after becoming overheated - you may cool down too quickly and feel ill or dizzy.*

Information provided by **NCEH's Health Studies Branch** and the **City of Phoenix**.